

Joys of the Season, Take Time to Enjoy Them!

I love all the holidays, especially the Christmas season. It is my favorite because of its meaning, and because it extends for over a month. At our home, we usually decorate the day after Thanksgiving and keep the decorations up until New Year's Day. I love to listen to Christmas music all through the holidays, sometimes to the protest of my family.

The sights, sounds and smells of Christmas-What do they mean to you? For everyone it is different, but one important thing to remember is to TAKE TIME to enjoy this marvelous season.

It is so easy to get caught up in the hustle and bustle that we let the beauty, joy and wonders pass us by. We spend too much time doing the things we feel we have to do instead of the things we want to do—the things that create lasting memories for us and those around us. We so often let the joys of this month slip by before we even know it.

How many times have we heard or said, "I can't wait till the holidays are over", "I don't know what to buy so and so", "I'm tired of shopping", "I can't stand the crowds", "If I have to go to one more party or to the mall one more time I am going to scream", etc., etc.

Let us focus on what we can do to enjoy this glorious time of year:
TAKE TIME TO:

- Take the children/grandchildren to the Festival of Lights (Spanish Fork), Holiday Lights at Thanksgiving Point, Lights on Temple Square.
- Bake cookies with children/grandchildren "just for fun". Then let them choose who to give them to.
- Visit with people that you care about but never seem to have time for.
- Write notes of appreciation to those that have touched our lives during the past year.
- Reflect on the beauties and blessings of living in Utah!
- Sit by the fire with a good Christmas book and hot cocoa. (it's important to rejuvenate ourselves)

There are many, many things we can do to enjoy the Christmas season. Let's each make our own list, and let some of the other, not so important, items go by the wayside.

But do TAKE TIME to give service in some way -maybe something different- something out of your comfort zone. The obligation we all have to serve is in reality an opportunity, not an obligation. When we approach it in the right spirit, with the right principles and goals in mind, we will bring blessings into the lives of others and enrich our own lives as well.

"What you have to give is enough – if
you give it with all your heart."

Chieko Okazaki



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